

Stoplight Chicken

Makes: 14 or 56 servings

Ingredients	14 Servings		56 Servings	
	Weight	Measure	Weight	Measure
Chicken, boneless, finely chopped	2 lbs		8 lbs	
Soy sauce		1 Tbsp		1/4 cup
Red bell pepper, finely chopped		1 cup		4 cups
Yellow bell pepper, finely chopped		1/2 cup		2 cups
Green bell pepper, finely chopped		1 cup		4 cups
Mangos (or peaches), canned or fresh, peeled, cut into bite-size pieces		1-1/2 cups		6 cups
Couscous		1-1/4 cups		5 cups
Almonds, slivered (optional)		1/4 cup		1 cup
Cooking spray		As needed		As needed

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	151	
Total Fat	1 g	
Protein	18 g	
Carbohydrates	17 g	
Dietary Fiber	2 g	
Saturated Fat	NA	
Sodium	118 mg	

Directions

1. Coat large skillet with non-stick cooking spray.
2. Sauté chicken over medium-high heat for about 10 minutes.
3. Add bell peppers and soy sauce to skillet.
4. Cook for about 5-10 minutes, until peppers are crisp.
5. Add mangos (or peaches) and almonds (optional).
6. Cook couscous as directed.
7. Serve chicken mixture over ½ cup couscous.

Notes

Serving Tips:

Rice can be substituted for couscous when necessary.
Onions, broccoli, cauliflower, carrots or any mixture of

vegetables can be used instead of just peppers.